

Curriculum Topics Version 2

Topic Overview

July 1, 2015

Prenatal Session	Major Topics	MHP/PHN	Topics of Concern
1	<ul style="list-style-type: none"> Why we are here: stress, social support, empowerment A brief overview of African American history Racism, history and our health Empowerment Positive Psychology and strengths 		
2	<ul style="list-style-type: none"> Understanding and managing stress African American women and stress Health influences and healthy choices <i>Levels of Racism</i> Racism and health/health disparities Control vs. no-control 	MHP	<ul style="list-style-type: none"> ➤ Racism ➤ Emotional impacts of stress
		PHN	<ul style="list-style-type: none"> ➤ Physiology of stress ➤ Health influences
3	<ul style="list-style-type: none"> Understanding and getting your basic needs met Understanding social support Accessing community services 		
4	<ul style="list-style-type: none"> Body changes during pregnancy Pregnancy myths Getting the facts 	PHN	<ul style="list-style-type: none"> ➤ Physiological changes during pregnancy ➤ Factual information about pregnancy
5	<ul style="list-style-type: none"> Good nutrition and its benefits Portion sizes MyPlate for Moms Benefits of exercise during pregnancy Hair vs. health 		
6	<ul style="list-style-type: none"> Full-term Labor and Delivery Preterm Labor Family planning Infant feeding Breastfeeding Infant feeding plan 	PHN	<ul style="list-style-type: none"> ➤ Labor and Delivery ➤ Preterm labor
7	<ul style="list-style-type: none"> Newborn screening/ Vaccinations General safety Car seat safety Infant Safety/SIDS 	PHN	<ul style="list-style-type: none"> ➤ Newborn screening/ ➤ Vaccinations ➤ Infant Safety/SIDS
8	<ul style="list-style-type: none"> Identifying health seeking behaviors Good touch-bad touch Importance of nurturing touch 	MHP	<ul style="list-style-type: none"> ➤ Good touch-bad touch ➤ Importance of nurturing touch
9	<ul style="list-style-type: none"> Sex health STDs and HIV, and pregnancy Negotiation Support networks Paternal support Healthy relationships Conflict resolution 	MHP	<ul style="list-style-type: none"> ➤ Negotiation ➤ Conflict resolution
		PHN	<ul style="list-style-type: none"> ➤ Sex health ➤ STDs and HIV, and pregnancy
10	Life Planning Refining long-term goals Five Gifts		

Postpartum Session	Major Topics	MHP/PHN	Topic of Concern
11	<ul style="list-style-type: none"> Why we are here: stress, social support, empowerment Revisiting Stress, Social Support and Empowerment Positive Psychology and strengths Health and education Health and wealth 		
12	<ul style="list-style-type: none"> Baby's brain development Monitoring developmental milestones Advocacy Well-baby visits Safety Caregivers and safety 	PHN	<ul style="list-style-type: none"> ➤ Brain development ➤ Developmental milestones ➤ Well-baby visits
		MHP	<ul style="list-style-type: none"> ➤ Advocacy ➤ Caregivers and safety
13	<ul style="list-style-type: none"> Effective discipline Spanking/corporal punishment Spoiling Redirection 	MHP	<ul style="list-style-type: none"> ➤ Corporal punishment ➤ Spoiling
14	<ul style="list-style-type: none"> Life goals for your baby Being a role model Developing routines Effective Black Parenting 	MHP	<ul style="list-style-type: none"> ➤ Role models
15	<ul style="list-style-type: none"> <i>It Takes a Village</i> and who's in your village Basic Needs and Self-Care Understanding and managing anger 	MHP	<ul style="list-style-type: none"> ➤ Anger
16	<ul style="list-style-type: none"> Taking care of health/importance of health/valuing health Overcoming barriers Nutrition and Fitness Plan 		
17	<ul style="list-style-type: none"> "I Statements" "You Messages" Healthy relationships Sexual health 	MHP	<ul style="list-style-type: none"> ➤ "I Statements" ➤ "You Messages"
		PHN	<ul style="list-style-type: none"> ➤ Sexual health
18	<ul style="list-style-type: none"> Racism and health <i>Levels of Racism</i> Understanding and managing stress 	MHP	<ul style="list-style-type: none"> ➤ Racism
19	<ul style="list-style-type: none"> Review of stress reduction, social support and empowerment Passions/Strengths Life Planning Activity 		
20	<ul style="list-style-type: none"> Review of Life Planning Reflecting on success Refining long-term goals Five Gifts 		